



myStart pack

F&P myMask App

For the full setup experience on fitting, fine-tuning and cleaning your mask, download the F&P myMask™ App or scan the QR code below.



For complete user instructions, including intended use, warnings and cautions, please refer to the F&P Nova Micro™ Instructions for Use. If you require further assistance, please contact your healthcare provider.



Fitting your mask

Before connecting your positive airway pressure (PAP) device, carefully follow the steps below.

1



Place the cushion in your nose, then pull the headgear over your head.



Ensure that the top and rear straps are spaced apart for stability.



Gently adjust the side straps until a comfortable fit is achieved. Do not overtighten.



Ensure that the cushion is secure in your nose and the gray top strap is on the top of your head.

Connect your mask to the PAP device and turn the device on. This may feel strange at first and you may notice some air leaks. **Try to breathe naturally.**



2

Fine-tuning your mask fit

If your mask does not fit perfectly the first time, here are some helpful tips for a better fit.

Side straps

Adjust the side straps to achieve a comfortable fit.

Headgear

Position the headgear so that the side straps sit just above your ears.

Place your hand in front of the mask. The air you feel here is expected leak. It helps flush out the air that you are breathing out.



Fitting tip:

Try not to overtighten your mask. It should be worn as loose as possible without excessive leaking.

If you experience unexpected leaks or discomfort, you may need to pull the cushion away from your face and reposition the prongs in your nostrils.

Choosing the correct size

It is recommended that you try more than one cushion size to achieve the best fit.

3

There are three cushion sizes included in this pack. The mask comes pre-fitted with the Medium size.



Try each cushion size to find the best fit.

The seal should feel comfortable with no excessive leak.

Mask parts

Your mask can be disassembled for cleaning and part replacement.



Remove the cushion by lifting the cushion tab away from the frame.

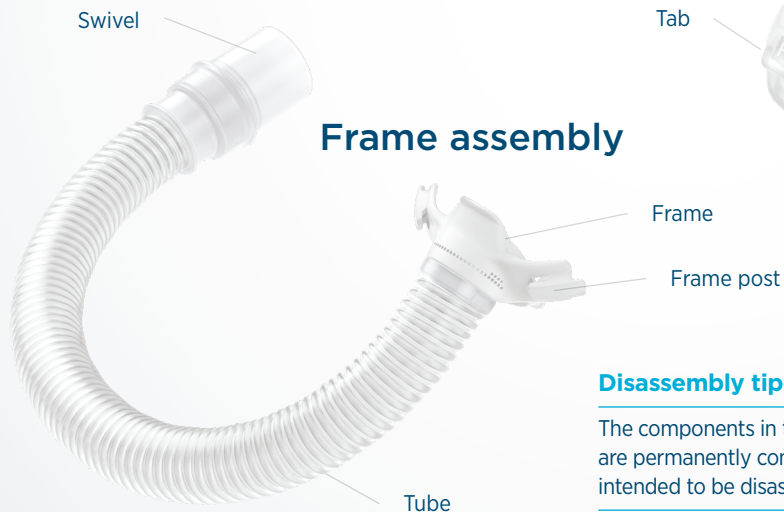


Attach the cushion by hooking the bottom corners underneath the frame and pulling the tab up and over the top of the frame.

Cushion



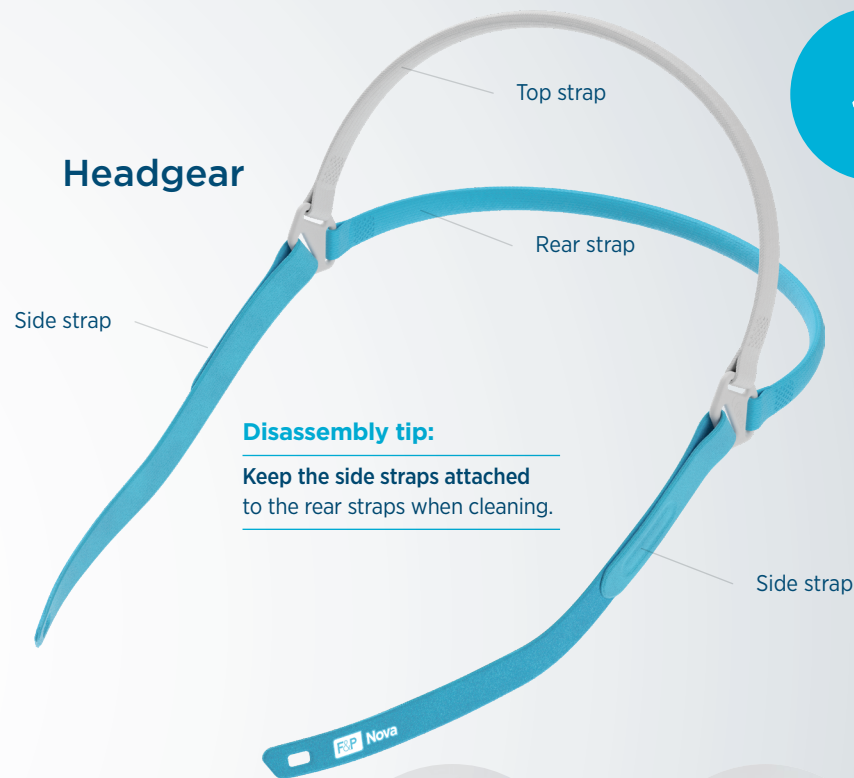
Frame assembly



Disassembly tip:

The components in the frame assembly are permanently connected and are not intended to be disassembled.

Headgear



Disassembly tip:

Keep the side straps attached to the rear straps when cleaning.



Remove the headgear by stretching the side strap opening over the frame post.



Attach the headgear by stretching the side strap opening over the frame post, ensuring the mask name on the side straps and cushion tab are upright.

Cleaning your mask

It is important to clean your mask regularly to reduce the build up of bacteria and allergens.

Wash Daily

Cushion and frame assembly



Wash Weekly

Headgear



Cleaning instructions

1. Hand-wash all parts in warm soapy water and do not soak for more than 10 minutes.
2. Rinse each part with fresh water to remove soap residue.
3. Inspect all parts to ensure they are all visibly clean.
4. Leave all parts to dry, out of direct sunlight.



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